

DATE

FOOD JOURNAL

BREAKFAST	SIZE	CARBS	FATS	PROTEIN	CALORIES	
TOTALS						

LUNCH	SIZE	CARBS	FATS	PROTEIN	CALORIES	
TOTALS						

DINNER	SIZE	CARBS	FATS	PROTEIN	CALORIES	
TOTALS						

SNACKS	SIZE	CARBS	FATS	PROTEIN	CALORIES	
TOTALS						

DAILY TOTAL						
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